

# A Special Opportunity for You

After you take that first step toward a healthier you through biometrics screening or completing a health risk assessment you may be eligible to receive a personal coach at no cost to you. This is offered through the *confidential* Healthy Lifestyle Coaching program with Magellan Health Services.

"This program is different. My coach worked with me on my goals. I learned how to realistically make healthier lifestyle choices and I continue to lose weight."

We understand that making lifestyle changes can be challenging and it can be difficult to stay motivated. With this program, you may be eligible for a personal health coach to help you every step of the way. Health coaches are qualified, trained professionals that have gone through extensive trainings. And, all services offered through this program are completely confidential.

A personal health coach can help you:

- Develop a personal action plan that fit your lifestyle;
- Overcome your personal challenges; and
- Stay motivated with one-on-one support and encouragement.

"This program is great! My coach helped me face my fears and set realistic goals. She was genuine, honest and accepting. I definitely recommend it for anyone."

In the upcoming weeks, you may receive an outreach call from a health coach and we hope you take the opportunity to take advantage of this special benefit. Your coach will be here with you every step of the way to provide ongoing support, tools and encouragement to give you that extra boost when you need it most and to help you stay motivated.

*Please note that the benefits offered through Maricopa County are not (nor are they intended to be) a substitute for medical care. Specific questions about your individual health care should be discussed with your personal health care provider.*



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